DECEMBER 2016 NEWSLETTER

PHONE
716-662-6452

EMAIL
opsenior@orchardparkny.org

CENTER HOURS
8:30 a.m. – 4:00 p.m.

Supervisor
Dr. Patrick Keem

Council Members
Eugene Majchrzak
Michael Sherry

Director
Debbie Santiago
Welcome to December and Happy Holidays to everyone! During the hectic hustle and bustle of the holiday season remember the gift of time is priceless. For many people the holidays are stressful and sad especially if a loved one has recently passed. Taking someone out to lunch, driving to view the Christmas decorations or taking in a Christmas concert together is always a welcomed gift. Visiting someone who lives alone and bringing Christmas cookies and coffee to share relieves the person of having to think about offering refreshments, and instead just visit. If you are looking to do something different remember you are invited to our tree trimming, cookie decorating and sing a long event as well as our entertainment at the Center on December 27 and December 28th. The staff and volunteers at the Center would like to wish you peace, joy, and all the best this wonderful holiday has to offer. May this incredible time of giving and spending time with family and friends bring you joy that lasts throughout the year.

A special Thank You to our volunteers who assisted in the preparation and presentation for Veteran’s Day. Wanda Schwab demonstrated her superb baking skill by creating a delicious cake which was enjoyed by everyone who attended. Don Schwab, a Marine veteran, set up all the flags in the dining room and Roger Weiss, Army veteran assisted with the presentation on Veteran’s Day. Thank You Wanda, Don and Roger!

### Healthy Eating for the Holidays
**Thursday, December 1st at 2:15 pm**
This session provides practical tips to avoid holiday weight gain. Sponsored by BC/BS.
*Please sign up in the office.*

### Tree Trimming, Cookie Decorating & Sing Along
**Friday, December 2nd at 10:30 pm**
Join us to kick off the holiday season trimming our tree, decorating cookies and a sing along led by John Renna.
*Please sign up in the office.*

### United Healthcare Medicare Plans
**Monday, December 5th 3:00 — 4:00 pm**
Karen Olsen will give a formal presentation on Medicare Plans for 2017.

### Twelve Days of Christmas
**Wednesday, Dec. 7th - Thursday, Dec. 22nd**
In the spirit of the holiday season and giving, each day one lucky participant in the Stay Fit Dining Program will receive a gift. Sign up for lunch with Jeanne.

### Erie County Senior Service Caseworker
**Thursday, December 8th at 11:00 am — 1:00 pm**
Dorothy Mehrent, ECSS case worker will assist with short-term counseling, community service outreach / linkage and benefits and entitlements (local, state & federal). Dorothy will give an informative presentation followed by time to meet with Dorothy privately.

*A case worker will now be available the 2nd Thursday of each month at 11:00 am — 1:00 pm to provide information and referrals to community programs and services (HEAP and SNAP).*

### Family Feud
**Thursday, December 8th at 1:30 pm**
Join us as we play the popular gameshow Family Feud.
*Please sign up in the office.*

### Lake Erie Ice Volcanoes
**Monday, December 12th at 1:00 pm**
Ice Volcanoes are a rare natural spectacle that occurs over the cold winter months. Discover Ice Volcanoes and more spanning the last 10 years of Lake Erie Ice formations. *Please sign up in the office.*

*Reminder: The Center is Closed*
**Friday, December 23rd, Monday, December 26th and Monday, January 2nd**

### Retuning Those Holiday Blues
**Wednesday, December 14th 10:30am – noon**
At a time of year when our culture and communities are telling us to be “happy”; many often are silently experiencing loneliness, sadness, and grief. Annette DeNies, LMSW, will explore what triggers holiday blues and new strategies for working with them. *Cost $15.00.*

### Yellow Dot Program
**Friday, December 16th at 12:45 pm**
An Erie County Sheriff will give a presentation on the Yellow Dot program, which is a free program designed to help first responders provide life-saving medical attention during that first “golden hour” after a crash or other emergency. *Please sign up in the office.*

**Danielle DiStefano**
**Tuesday, December 27th at 1:00 p.m.**
Join us as Danielle performs some of our favorites. Christmas songs. Light refreshments served. *Please sign up in the office for this FREE event.*

### Ladies First Quartet
**Wednesday, December 28th at 1:00 p.m.**
Join us today for Ladies First Quartet, a female barbershop quartet created in 2013. Light refreshments served. *Please sign up in the office for this FREE event.*

### You Are Invited To:
**The Orchard Park’s Senior Center 2016 New Year Party At**
**Salvatore’s Italian Garden**
6461 Transit Rd Depew

**Thursday, December 29, 2016**
**Cocktails & Hors D’oeuvres at Noon**
**Dinner at 1:00 pm**
Enjoy a delicious meal of Prime Rib, Poached Salmon or Chicken Francaise

**Entertainment by: Formula Band**
Performing the hits From 40’s, 50’s and 60’s

**Cost: $38.00 (includes transportation)**
Reservation with payment accepted until December 16th.
Looking Ahead....

Happy Birthday Elvis “The King”
Monday, January 9th at 1 pm
Get rid of your winter blues and join us in celebrating “the King of Rock n’ Roll” with the movie Blue Hawaii. Dessert and refreshments will be served following the movie. Please sign up in the office.

Univera Medicare Plans
Wednesday, January 11th 9:00 — 11:00 am
April Romanowski will give a formal presentation on Medicare Plans for 2017.

Erie County Senior Service Caseworker
Thursday, January 12th at 11:00 am — 1:00 pm
Dorothy Mehrent, ECSS case worker will assist with short-term counseling, community service outreach / linkage and benefits and entitlements (local, state & federal). Dorothy will give an informative presentation followed by time to meet with Dorothy privately.

Diabetes Prevention
Wednesday, January 18th at 10:00 am
Pam Fox, Mgr. of Comm. Health Strategies with The American Diabetes Assn. will discuss how diabetes affects the body, the risk of developing diabetes and prevention. Pam will also facilitate a Diabetes Risk Test.

Winter Safety
Thursday, January 19th at 10:00 am
Jennifer Johnson (BC/BS) will discuss winter safety issues such as falls in icy conditions and preventing injuries while shoveling snow. Please sign up in the office.

National Pie Day
Monday, January 23rd at 12:45 pm
Let’s celebrate National Pie Day? Why not? Pies have always been a sweet treat to warm the cold winter days and with the holiday celebrations a fading memory, this is a great way to warm up a January cold snap. Join us today for a slice of pie and entertainment by Brian Miacolek. Brian is a professional pianist, organist and entertainer who has been playing the piano for over 13 years. Cost for this event is $3.00, purchase your ticket in the office.

A Note from Jackie Briggs, Senior Council President

The referendum that was on the Nov. 8th ballot regarding the public voting yes or no if they wanted a new Community Activity Center not to exceed more then $16,000,000.00 was approved by 62.5% of the voters.

In the year 2017, the architects will begin completing the plans with all the specific details necessary to actually build the center. This includes fire walls, outside walls, heating ducts, water lines, etc. Jack Kearns will be holding meetings with people, companies etc. who will help raise some of this money or will donate financial aid to the project.

Thank you for voting and thank you for your support of our events. Happy Holidays!

Jackie Briggs & the Senior Council of Orchard Park Inc.

Senior Groups

In addition to the Senior Center activities and programs, the following groups offer social events, escorted trips locally in the U.S and the world!

Armor Seniors
Meets the 2nd and 4th Thursday of the month at 1:30 pm at St. Bernadette’s Church 5930 South Abbott Rd.
Arlene Schlierf, President 649-5845.
For travel contact Fran Ritz at 648-7526.

Hillcrest Seniors
Meets the 2nd and 4th Thursday of the month at the American Legion Post, N. Buffalo Rd. Orchard Park.
President is Patricia L Davies 675-9084.
Richard Jones, travel consultant 827-7074.

Orchard Park Senior Citizens

Sacred Heart Seniors
Meets the 2nd and 4th Tuesday of the month in the lower hall at Our Lady of Sacred Heart Church on Abbott Road. Esther Marcin-Cullins, President 649-6850.

St. John’s Lutheran Church, Diamonds in the Rough
Meets the first Tuesday of the month at 1:00 pm at St. John’s Lutheran Church, Highland Ave. Orchard Park.
For information contact Alan Groth 662-2140.

St. John Vianney Seniors
Meets the 2nd and 4th Tuesday at 12:45 pm in St. John Vianney Parish Center on Southwestern Blvd.
Dorothy Dzikowski, President 674-1645.
For travel contact Cindy Crawley 675-1104.

Orchard Park Senior Center Dinner Club
The Orchard Park Senior Center Dinner Club welcomes new participants. For information contact the Senior Center at 662-6452. Join us for the following dinner outings:

No January Dinner Club
Thursday, February 2nd
J’s White Elephant Restaurant (this is a luncheon)
Contact person is Jackie Briggs at 662-3982

No December meeting. The next meeting is Monday, Jan. 3, 2017 10:00am at the Orchard Park Senior Center.
Everyone is welcome!

Book Group
The Book Group meets the last Wednesday of every month at 10:00am at the Senior Center.
The following books are scheduled for discussion.

January — Killing the Rising Son by Bill O’Reilly
February — Boys in the Boat by Daniel James Brown

Book Group will not meet in December
Members are encouraged to read the book prior to attending the meetings. Everyone is welcome to join the discussion.
### CLASSES OFFERED AT THE ORCHARD PARK SENIOR CENTER

**70 Linwood, Orchard Park**

**Sign up and pay at the center 662-6452.**

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**time change**  **Pickle Ball**  **time change**

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<tr>
<th>Monday, January 9th — March 2nd</th>
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<tr>
<td>Cost $30.00 for a 8 week session.</td>
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- **Beginner Tai Chi**
  - **Every Tuesday 11:00 — 1:00pm at South Towns Tennis Center**
  - Pickle Ball is the hottest game around! A fun sport that combines many elements of tennis, badminton and ping-pong. A paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn. Pickle ball is played at the South Towns Tennis Center. Please contact the Senior Center for more information 662-6452.

- **Join Club 99 Tuesday & Thursday at 10:45 am**
  - The Erie County Dept. of Senior Services and Senior Nutrition Program have teamed up to present Club 99. Club 99 is a free fitness program offered to those 60 years of age or older. Ray Steck is the instructor who will explain how using the resist-a-band will tone and build muscle. Everyone is welcome.

- **Advanced Tai Chi**
  - **Wednesday, January 4th — March 6th  1:00 pm**
  - This one hour program is for those with some Tai Chi experience. New students are welcome. Cost $30.00 for a 8 week session.

- **Men's Fitness**
  - **January 3rd — March 9th**
  - **Tuesday, Wednesday & Thursday 9:00-10:00 am**
  - Cost $40.00 for a 10 week session.

- **Ladies Exercise Program**
  - **January 4th — March 3rd**
  - **Monday, Wednesday and Friday 9:00-10:00 am**
  - Cost $30.00 for a 8 week session.

- **Beg. Line Dance Every Wednesday at 10:15 am**
  - **Intermediate Line Dance Every Tuesday at 10:30 am**
  - Instructor is Lois Steck. Cost is $2.50 pay as you go.

- **Zumba**
  - Thursdays at 11:00 am and Tuesday 6:30 pm classes will resume in February 2017

- **Chair Yoga**
  - **Monday, January 23rd — March 20th at 10:45am**
  - While sitting in a chair the instructor will teach you the proper techniques of stretching, breathing and relaxation. Cost $30.00 for 8 week session.

- **What’s on Your Mind?**
  - **Friday, December 9th at 1:00pm**
  - Confused about what’s going on in the world today? Reading the newspapers, or listening to the news, are you baffled with the information being presented? If so you may want to join our discussion group and learn the “real story” Everyone is welcome!

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### Yoga

**Wednesday, Jan. 4th — March 8th at 11:30 am**

**Friday, Jan. 6th — March 10th at 9:00 am**

- **Cost $35.00 for each 10 week session.**

- **Tuesday Evening Yoga**
  - **Tuesday, January 3rd — Feb. 21st at 5:00 pm**
  - **Cost $30.00 for an 8 week session.**

- **Tap Dancing For Fun**
  - **Monday, Jan. 9th — March 13th 9:30 am**
  - This class is designed for those who want to learn to tap dance, or who have previously tap danced and want to tap again. Cost for 8 week session is $30.00

- **Intermediate Tap Dance**
  - **Thursday, January 5th - February 23rd 10:00 am**
  - **Cost $30.00 for 8 week session.**

- **Acrylic Painting Class**
  - **Tuesday, January 3rd - February 7th 12:30pm**
  - **Learn proper application of paint, blending layering, scumbling and palette knife techniques.**
  - **Cost $25.00 for a 6 week session.**

- **Sketching with Sharon**
  - **February 10th 10:30 am**
  - **Students will draw from still-life and photo reference.**
  - **Cost $25.00 for a 6 week session.**

- **Beginner Watercolor Painting Class**
  - **Monday, January 9th — February 7th 2:30 pm**
  - **Students will learn the basics of a wash, dry brush technique, wet into wet etc. Class size is limited.**
  - **Cost $25.00 for a 6 week session.**

- **Calligraphy Class**
  - **Monday, January 9th — February 27th 9:00am**
  - **This class covers the basics of Italic and Uncial Alphabets. You will learn to form a beautiful flowing hand—the Art of Fine Writing. Instructor will demonstrate proper form and slant.**
  - **Cost $25.00 for a 6 week session.**

- **FREE!! Spanish Refresher Course FREE!!**
  - **Monday, January 9th & January 10th 1:00 pm**
  - **Maybe it’s been years since your high school Spanish class or your interested in learning Spanish. Now is the time! Join the free two day refresher course which will prepare you to join the upcoming 8 week session. Sign up in the office.**

- **Spanish Again! Español OtraVez!**
  - **Monday, January 23rd—March 20th 1:00pm**
  - **The class is designed to help the individual learn more about the world’s second most popular language and to learn and enjoy many aspects of Spanish culture.**
  - **Cost for an eight week session is $30.00.**

- **Mind Aerobics**
  - **Mondays at 1:00 pm**
  - **Join us for a fun filled hour! This group has evolved into a social group as well as a challenging hour. Research has shown brainteasers, word puzzles, critical thinking, and trivia often delays the onset of Alzheimer’s. This weekly mental workout will keep you fit. Everyone is Welcome!!**
Wednesday, December 7th & 14th from 2:30
FREE

First Place:    Carol Culligan
Topics to choose from: Email, Word, the Internet, Excel, If you have a laptop please bring it to class.
FREE IPad Class
Tuesday, December 6th, 1:00—2:00 pm
For the new (or not so new) IPad user. Learn some neat and useful tips and tricks for your IPad such as customizing Safari browsing and Siri. Prior experience is NOT required.
Please Note: The Senior Center offers wireless WiFi.

Please stop in, view the artist's artwork and their bio in the dining room.

Important Information
Orchard Park Senior Center Closings

If you want to know if Center activities will be canceled during bad weather, listen for “weather closing” announcements on WGRZ-TV, WKBW-TV, WIVB-TV and WBEN, radio. You may also call the Center at 662-6452 or the Supervisor’s office at 662-6400 to learn if the Center is closed. We DO NOT follow the Orchard Park School calendar or their closings.

Looking for players — Hand and Foot at The Center
Looking for player to play Hand and Foot on Tuesday afternoons at 1:00 pm. Please contact the center if you are interested in playing 662-6452.
### Orchard Park Senior Center November 2016 Meal Calendar

**Phone 662-8378 for reservations.**

<table>
<thead>
<tr>
<th>Thurs 12/1</th>
<th>Chopped Steakhouse Burger w/ Jardinière Gravy, Potatoes, Tomatoes, Roll, Cake</th>
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<tbody>
<tr>
<td>Fri 12/2</td>
<td>Veg. Quiche w/ White Cheese Sauce, Apple &amp; Cran. Compote, Oat Bran Square, Fruit</td>
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<td>Mon 12/5</td>
<td>Chili Con Carne w/ Cheese Fiesta corn, Cauliflower, Crackers, Peaches</td>
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<td>Tues 12/6</td>
<td>Turkey &amp; Veg. Stew, mashed Potatoes, Biscuit, Strawberry Bavarian</td>
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<td>Wed 12/7</td>
<td>Baked Ham Steak, Scalloped Potatoes, Calif. Mixed Veg., Wheat Roll, Fresh Fruit</td>
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<td>Thurs 12/8</td>
<td>Chicken Breast w/ Gravy, Mashed Hubbard Squash, Brussel Sprouts, Roll, Cookie,</td>
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<td></td>
<td><strong>Jeanne's Choice Soup</strong></td>
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<td>Fri 12/9</td>
<td>Meatloaf w/ gravy, Mashed Potatoes, Peas, Rye Bread, Yellow Cake</td>
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<td>Mon 12/12</td>
<td>Hot Dog on a Bun w/ Sauerkraut, Roasted Red Potatoes, Mixed Veg., Fruit Cup</td>
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<td>Tues 12/13</td>
<td>Julienne Entrée Salad, Ham, Turkey, Swiss &amp; Hard Boiled Egg, Fresh Greens, Gelatin</td>
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<td>Wed 12/14</td>
<td>Breaded Chicken Breast w/ Gravy, Broccoli Rice Casserole, Carrots, Bread, Orange Pineapple Velvet</td>
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<td>Thur 12/15</td>
<td>Beef &amp; Rice Patty w/ Cabbage &amp; Savory Sauce, Mashed Potatoes, Roll, Ch. Pudding</td>
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<td><strong>Jeanne's Choice Soup</strong></td>
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<td>Fri 12/16</td>
<td>Breaded Fish Patty, Creamy Mac and Cheese, Peas, Coleslaw, Pineapple Tidbits</td>
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<td>Mon 12/19</td>
<td>BBQ Pork Ribette, Roll, Chive Mashed Potatoes, Sweet Corn, Fig Bar</td>
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<td>Tues 12/20</td>
<td>Sweet &amp; Sour Chicken w/ White Rice, Spinach, Chef Salad, Apple Cranberry Crisp</td>
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<td>Wed 12/21</td>
<td><strong>Christmas Lunch!</strong> Chicken Cordon Bleu, Cheese Sauce, Brussel Sprouts, Orange Glazed Carrots, Coconut Cream Pie</td>
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<td>Thur 12/22</td>
<td>Swedish Meatballs w/ Penne Pasta, Broccoli Apple Jc., Cookie,  <strong>Jeanne's Choice Soup</strong></td>
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<td>Fri 12/23</td>
<td>Christmas Holiday! No Meals Served</td>
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<td>Mon 12/26</td>
<td>Christmas Holiday! No Meals Served</td>
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<td>Tues 12/27</td>
<td>Hamburger w/ Onion, Roll, Au Gratin Potatoes, Mixed Veg., Fresh Fruit</td>
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<td>Wed 12/28</td>
<td>Breaded Chicken Cacciatore, Squash, Gr. Beans, Italian Bread, Rice Krispy Square</td>
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<td>Thurs 12/29</td>
<td><strong>New Years Eve Party at Salvatore's!</strong> Senior Center Closes at 11:00 am</td>
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<td>Fri 12/30</td>
<td>Breaded Pork Loin, Mashed Potatoes, Mixed Veg., Wheat Roll, Banana Cream Pie</td>
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#### Stay Fit Dining Program

In cooperation with Erie County Department of Senior Services, the town provides a nutritious hot meal, and social opportunities to meet new friends for persons age 60 or over and their spouses Monday through Friday at noon. The suggested contribution is **$3.00**. Please call Jeanne at 662-8378 by Tuesday 10:00 am to make reservations for the upcoming week. Also, remember, if you haven’t made a reservation you may contact Jeanne to fill a cancellation.

#### Spend an afternoon at the movies.

Reserve lunch by calling 662-8378 and then stay for the movie at 1:00pm. 50 cents includes popcorn and drink.

**Dec. 7th  Papa Hemingway in Cuba** *(drama)*

Starring: Giovanni Ribisi & Albert Sparks

A writer travels to Cuba in 1959 on a mission to meet his idol, Ernest Hemingway. Hidden away at a private estate with his wife, Mary, the elusive author mentors the younger writer in fishing, drinking, and finding his voice, while the Cuban Revolution boils around them. **No encore movie Thursday, 12/8**

**Dec. 14th  Finding Dory** *(animation/comedy)*

Starring: Ellen Degeneres & Albert Brooks

The friendly but forgetful blue tang fish begins a search for her long-lost parents, and everyone learns a few things about the real meaning of family along the way.

**Dec. 21st  The Polar Express** *(animation)*

Starring: Tom Hanks & Leslie Zemeckis

A young boy embarks on a magical adventure to the North Pole on the Polar Express. During his adventure he learns about friendship, bravery, and the spirit of Christmas.

### A.A.R.P. Driver Safety Program

Offered at the Orchard Park Senior Center the last Thursday and Friday of every month from 1:00-4:00 pm. Classes will be held:

- **Thursday, December 15th & Friday, December 16th**
- **Thursday, January 26th & Friday, January 27th** *(You must attend both days)*

The course is for those 50 years of age and older. Those completing the course qualify for up to a 10% discount on their automobile liability and collision insurance and a 4 point reduction on their driver’s license for accrued moving violations. **Registration** is required by calling the Center at 662-6452 or by dropping by.

Program cost: $20.00 for AARP members, $25.00 if you are not a member of AARP. Checks only please.

### NEED A RIDE?

**CALL RURAL TRANSIT 662-8378**

Rural Transit Service (RTS) is a non-profit transportation service. Residents are transported to dialysis clinics, medical offices, physical therapy, pharmacies, nutrition sites, adult day care, grocery stores, banks, salon/barbers, etc., with medical trips taking priority. Trips are free, but donations are accepted. *Volunteers are needed to drive or dispatch*

****** GOING PLACES VAN ******

Need a ride into Buffalo for medical appointments, physical therapy or other human services? Call 858-7433.
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<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<td>10:00  Intermediate Tap</td>
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<td>2:15   BCBS Healthy Eating for the Holidays</td>
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